

## State Employee Discount for NIFS Fitness Center

The National Institute for Fitness and Sport (NIFS) Fitness Center membership includes the following amenities and features:

- Competition quality 200 meter indoor running / walking track.
- Regulation NBA size basketball court.
- Over 90 pieces of cardio equipment.
- Complete weight training equipment.
- Sauna, steam, whirlpool.
- No contract required.
- Complete locker rooms.
- Towel service.

The following services are available for a nominal fee:

- Permanent locker rental
- Massage therapy
- Childcare
- FIT (Families Involved Together) Program
- Lap swimming at the IU Natatorium

### State Employee Rate:

\$150 Initiation Fee

\$30.50 per month

### Spouse Rate:

\$125 Initiation Fee

\$30.50 per month

### Hours:

Monday - Thursday: 5:30 am - 10:00 pm.

Friday: 5:30 am - 9:00 pm.

Saturday and Sunday: 7:00 am - 6:00 pm

### Location:

NIFS is located downtown Indianapolis in White River State Park on the IUPUI campus at:

The National Institute for Fitness and Sport

250 University Blvd

Indianapolis, IN 46202

Map available at [www.nifs.org](http://www.nifs.org)

### Contacts:

Diane Armbrecht, Membership Manager: 317-274-3432, ext. 274 or [darmbrecht@nifs.org](mailto:darmbrecht@nifs.org)

Kim Mechem, Member Services Coordinator: 317-274-3432, ext. 264 or [kmechem@nifs.org](mailto:kmechem@nifs.org)

Website: [www.nifs.org](http://www.nifs.org)

### Be Our Guest for Free!

On December 11 from 5:30-8:30 pm, NIFS is having a free guest night. During this time, NIFS will have Fitness Samplers (intros to their more popular classes). The schedule is 6:00 pm Cycling; 6:30 pm Yoga; 7:00 pm Pilates and 7:30 pm Dance.